

Sexual & Gender Minority Populations & Disparities in Care for Central Nervous System Disorders



Jason Flatt, PhD, MPH
Pronouns: He/They

Sexual minority – individuals who self-identify as **asexual, bisexual, gay, lesbian, queer**, as well as those who do not self-identify with these terms but whose sexual orientation varies from heterosexual

Gender minority – individuals who self-identify as **transgender & non-binary**, as well as those with a gender identity and/or expression that does not conform to social & cultural expectations based on the sex assigned to them at birth.

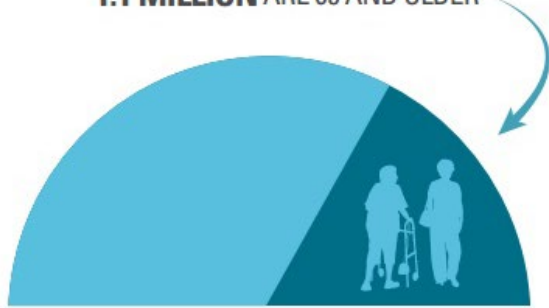
Cisgender - a term used to describe people whose gender identity aligns with the sex assigned to them at birth.

Sexual orientation & gender identity may evolve over the lifespan.

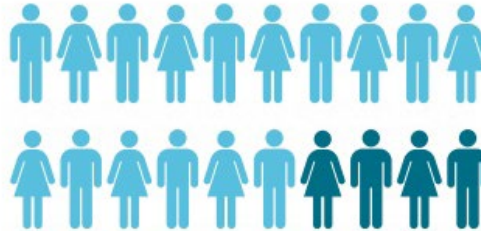


2.7 MILLION LGBT ADULTS AGED 50 AND OLDER

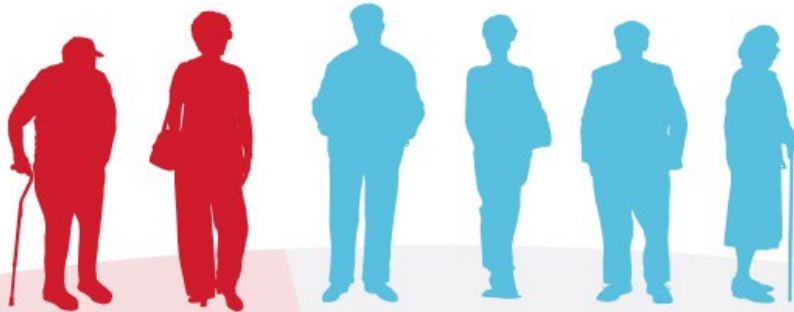
1.1 MILLION ARE 65 AND OLDER



APPROXIMATELY **ONE IN FIVE** (20%) LGBT OLDER ADULTS ARE PEOPLE OF COLOR



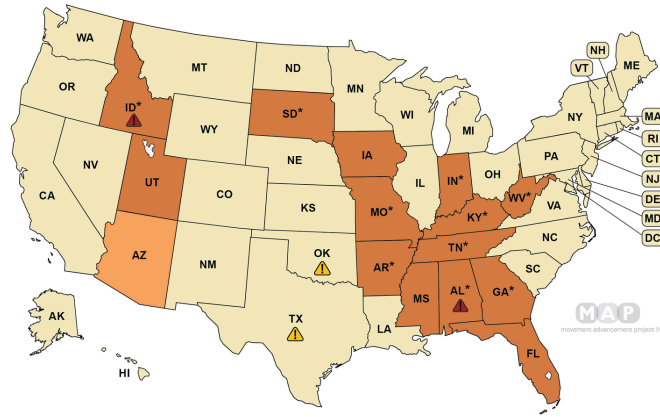
ONE-THIRD OF LGBT OLDER ADULTS LIVE AT OR BELOW 200% OF THE FEDERAL POVERTY LEVEL



- Barriers to healthcare access & use
- Lifetime exposure to discrimination & trauma

Unique concerns:

- Intersect with race/ethnicity
- Less likely to be married or have children
- 2-3X as likely to live alone
- Little to no caregiver support



BANS ON BEST PRACTICE MEDICAL CARE FOR TRANSGENDER YOUTH

State bans best practice medication and surgical care for transgender youth (7 states)

State bans best practice surgical care for transgender youth (1 state)

State does not ban best practice medical care for transgender youth (42 states, 5 territories + D.C.)

State ban makes it a felony crime to provide best practice medical care for transgender youth (1 state)

State has taken steps to ban or restrict best practice medical care for transgender youth, but state law does not ban this care (3 states)



movement advancement project

U.S. Territories

American Samoa

Commonwealth of the Northern Mariana Islands

Guam

Puerto Rico

U.S. Virgin Islands

CORNERSTONES OF SUCCESSFUL AGING



ECONOMIC SECURITY



SOCIAL CONNECTIONS



HEALTH AND WELL-BEING

KEY CHALLENGES FOR LGBT OLDER ADULTS



A LIFETIME OF DISCRIMINATION AND LACK OF LEGAL AND SOCIAL RECOGNITION



A RELIANCE ON CHOSEN FAMILY



A LACK OF COMPETENT INCLUSIVE HEALTHCARE

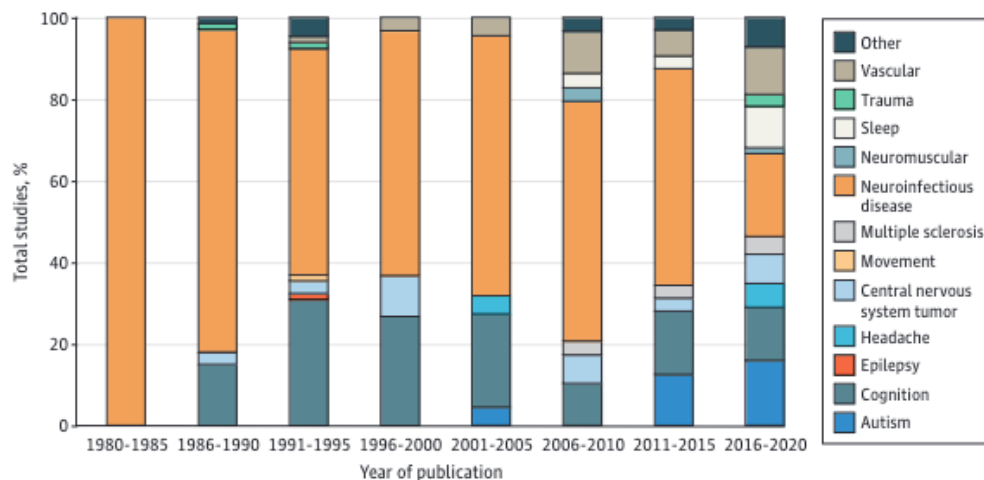
- Historical & current pathologizing of sexual & gender identities in DSM
- Lack protections for basic human rights (*e.g.*, housing, employment, healthcare)
- Compounded for intersecting marginalized identities (gender, race/ethnicity, serostatus, disability)

Sexual and Gender Minority Health in Neurology A Scoping Review

Nicole Rosendale, MD; Jeffrey O. Wong, BS; Jason D. Flatt, PhD, MPH; Evans Whitaker, MD, MLIS



Figure 2. Percentage of Neurologic Studies in Sexual and Gender Minorities by Topic



- **Very little research**
- Less than **1 in 3** provided **race/ethnicity** or country of origin
- Most with **cisgender** adults (83%) & **gay and/or bisexual men** (72%)
- **HIV** was major focus (71%)
- Only 5 studies with **people aged 60+**

SUBJECTIVE COGNITIVE DECLINE AMONG LESBIAN, GAY, BISEXUAL, TRANSGENDER (LGBT) ADULTS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Lesbian, Gay, Bisexual, Transgender (LGBT) Adults in 25 States: People Aged 45 Years and Older

1 in 7 people aged 45 years and older are experiencing Subjective Cognitive Decline



SCD is self-reported MEMORY PROBLEMS that have been GETTING WORSE over the past year.

36% of people with SCD had to give up day-to-day activities



80% of people with SCD have at least one chronic condition



one in three of people with SCD say it interfered with social activities, work or volunteering



less than half of people with SCD have discussed their symptoms with a healthcare provider



36% of people with SCD need help with household tasks



alzheimer's
association

cdc.gov/aging
CS 303070-A June 2020

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DOI: 10.1002/trc2.12197

Advances in
Translational Research
& Clinical Interventions

RESEARCH ARTICLE

Subjective cognitive decline higher among sexual and gender minorities in the United States, 2015–2018

Jason D. Flatt¹ | Ethan C. Cicero² | Nickolas H. Lambrou³ | Whitney Wharton² | Joel G. Anderson⁴ | Erin D. Bouldin^{5,6} | Lisa C. McGuire⁵ | Christopher A. Taylor⁵

Memory Problems

16%
SGM

vs

11%
Non-SGM






Study supported by NIA - K01AG056669 (Flatt)



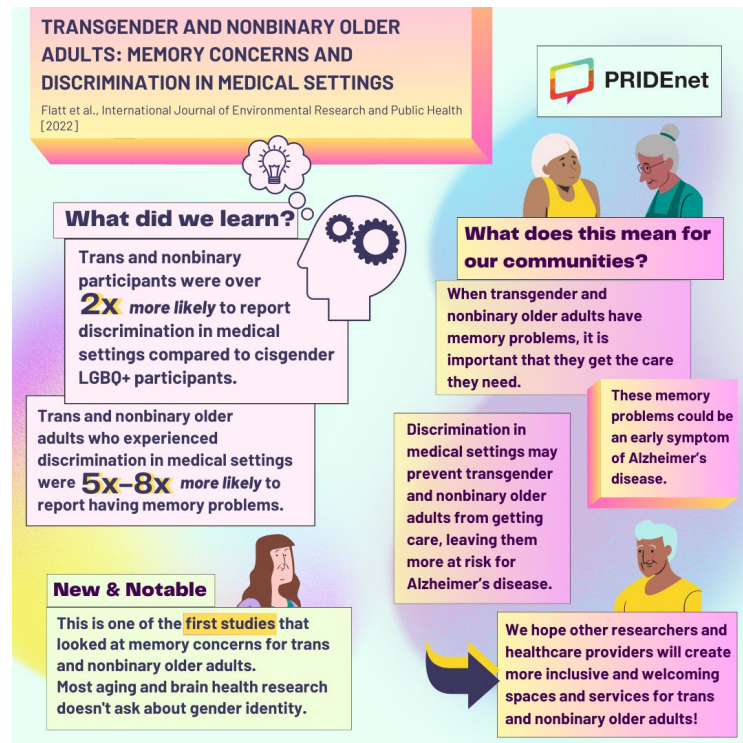
Article

Subjective Cognitive Decline Associated with Discrimination in Medical Settings among Transgender and Nonbinary Older Adults

Nickolas H. Lambrou¹, Carey E. Gleason^{1,2,3}, Juno Obedin-Maliver^{4,5,6}, Mitchell R. Lunn^{4,6,7} ,
Annese Flentje^{8,9}, Micah E. Lubensky⁸  and Jason D. Flatt^{10,11,*} 

- Measures from Health & Retirement Study
- **Transgender & non-binary elders** with memory problems reported **greater discrimination in medical settings**
- **Discrimination in medical settings could prevent early detection of central nervous system disorders**

Study supported by NIA RCMAR - P30AG015272



Perceived Discrimination in Healthcare for LGBTQIA+ People Living with Parkinson's Disease

Get access >

Ece Bayram, MD, PhD ✉, Alexandra J Weigand, Jason D Flatt, PhD, MPH

The Journals of Gerontology: Series B, gbad046, <https://doi.org/10.1093/geronb/gbad046>

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- LGBTQIA+ people living with Parkinson's disease reported highest frequency of perceived discrimination in healthcare
- **Discrimination higher for cisgender, heterosexual women and LGBTQIA+ people living with PD** compared with cisgender, heterosexual men



Table 2. Discrimination in Medical Settings Scale.

You are treated with less courtesy than other people.
 You are treated with less respect than other people.
 You receive poorer service than others.
 A doctor or nurse acts as if he or she thinks you are not smart.
 A doctor or nurse acts as if he or she is afraid of you.
 A doctor or nurse acts as if he or she is better than you.
 You feel like a doctor or nurse is not listening to what you were saying.

The National Academies of
SCIENCES • ENGINEERING • MEDICINE

CONSENSUS STUDY REPORT

Measuring **Sex,**
Gender Identity,
and **Sexual Orientation**

<https://nap.nationalacademies.org/catalog/26424/measuring-sex-gender-identity-and-sexual-orientation>

1. **We need more research on central nervous system disorders among SGM populations**
2. **Promote resilience, cultural humility, training & build skills among healthcare providers**
3. **We need SOGI data**
4. **More research (e.g., RISE, PRIDE)**
5. **Advocacy: Support SGM caregivers, families of choice, and ensure inclusive services for all people**
6. **Mentoring & funding to support SGM students, early-career researchers, & clinicians**

Acknowledgements

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- No conflicts of interest to report

Thank you!



Rainbows
of
Aging

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